

Challenges for 2013

The staff for the FSS program believes in the power of setting and accomplishing goals. That's why we've developed these **Challenges for 2013**! Periodically, we will send you a new challenge to overcome. As you accomplish your goals, we invite you to share your success! Simply hit reply to this email to tell us about how you're doing, suggest topics and share resources or tips!

Challenge

8

November

Keep Your Immune System Intact Month!

Flu season has begun. Many are taking the opportunity to get their flu shots to keep themselves (and others around them) from becoming sick.

Have your goals changed? Remember to [Contact the FSS program](#) today to update your contract!

Steps to Prevent the Flu

1. Get Enough Vitamin C

It is important to consume Vitamin C, as it can help protect cells from free radical damage, lower your risk of cancer, and improve your iron absorption. It also helps build your immune system. Some foods that contain Vitamin C are strawberries, oranges, cabbage & tomatoes.

2. Get the Flu Shot

It is recommended to get vaccinated around this time of the year, due to the change of weather. The virus thrives in a dry environment (indoors with the heat on) which is why many people tend to get sick during the fall/winter. If you have been immunized and are exposed to people with the virus, it likely that you will not catch the flu because your system will have developed an immunity to it.

3. Dress Weather Appropriate

Now that fall has arrived, the weather may start getting colder in the morning and at night. Prepare yourself for unexpected weather changes, such as rain or wind, by wearing a jacket or a long-sleeved shirt. Protecting your feet is also essential to keeping your whole body warm.



4. Take Vitamins

Often, people do not consume the suggested amount of nutrients each day through their daily diets for a variety of reasons—due to being picky eaters, having poor diets, or being on a low-calorie diet. Taking vitamins may be one way to ensure that you get enough of the proper nutrients for health.

5. Practice good health habits

Overall, practicing good health habits can improve your overall life in a far-reaching way. Researchers have found that taking precautions like controlling weight, exercising, and eating healthy, nutritious food can assist you in maintaining good health and help you to thrive.

Resources for practicing good healthy habits:

1. www.choosemyplate.org
2. <http://fnic.nal.usda.gov/dietary-guidance/dietary-reference-intakes>
3. <http://nutritiondata.self.com/>

Where can you get your flu shot?

There are many places that offer the flu shot vaccine, including your local drug store or health care provider. Refer to the following website for a list of clinics that offer the flu shot:

<http://www.sdiz.org/Home/Flu-Update-Fall-2011-PHC-List.html>

*The cost of the vaccination may vary.



Covered California



Covered California is the new health insurance program that is more affordable for low-income individuals. It will go into effect January 1, 2014. All health plans now must cover Essential Health Benefits, such as hospital care, physician services, medication, emergency, preventive and rehabilitative care. No one can be refused the opportunity to buy health coverage based on a pre-existing condition, such as diabetes or asthma, and your insurance carrier cannot drop your coverage if you become sick.

For more information visit the website:

<https://www.coveredca.com/coverage-basics/index.html>



“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”



For information on all of the County of San Diego Department of Housing and Community Development's programs and activities, like us on [Facebook](#)!

